

# FITNESS TIMETABLE



## MONDAY

07:00 - 07:30	Park H.I.I.T	Claire	Garage
09:15 - 10:00	Spin	Lisa	Spin Studio
10:00 - 10:45	Body Conditioning	Claire	Studio 2
10:15 - 11:00	Parent and Baby Spin	Lisa	Spin Studio
11:30 - 12:30	Pilates	Dawn	Studio 2
17:15 - 17:45	Park H.I.I.T	Kellie	Garage
17:15 - 17:45	Express spin	Jo	Spin Studio
18:00 - 18:45	Spin	Kellie	Spin Studio
18:00 - 18:45	Kettlebells	Jo	Studio 2
19:00 - 20:00	Hatha Yoga	Dawn	Studio 2
19:30 - 20:15	Bootcamp	Liam	MUGA

## TUESDAY

07:00 - 07:30	Express Spin	Agnes	Spin Studio
09:15 - 10:00	Kettlebells	Claire	Studio 2
10:15 - 11:00	Parent & Baby Body Conditioning	Funmi	Studio 2
10:15 - 10:45	Express Spin	Claire	Spin Studio
13:30 - 14:30	Hatha Yoga	Jo	Studio 1
17:15 - 17:45	H.I.I.T	Kellie	Garage
18:00 - 18:45	LBT	Kellie	Studio 2
18:00 - 18:45	Spin	Lisa	Spin Studio
18:00 - 19:00	Vinyasa Yoga	Jo	Studio 1
18:55 - 19:25	Park Shred	Kellie	Studio 2
19:30 - 20:15	Zumba	Sandra	Studio 2

## WEDNESDAY

07:00 - 07:30	H.I.I.T	Kellie	Garage
09:30 - 10:00	Express Spin	Kellie	Spin Studio
10:15 - 10:45	LBT	Kellie	Studio 2
11:00 - 12:00	Pilates	Dawn	Studio 2
12:15 - 13:15	Zumba	Georgia	Studio 2
14:00 - 14:45	Chair Fit and Chat	Vicki	Studio 1
17:15 - 17:45	H.I.I.T	Claire	Garage
18:00 - 18:45	Kettlebells	Claire	Studio 2
20:15 - 21:00	Pilates	Dawn	Studio 1
19:00 - 19:45	Spin	Claire	Spin Studio
19:00 - 20:00	Combat	Liam	Studio 1

## THURSDAY

06:45 - 07:30	Sunrise Yoga	Dawn	Studio 1
07:00 - 07:30	H.I.I.T	Kellie	Garage
07:45 - 08:15	Express Spin	Kellie	Spin Studio
09:15 - 10:00	Vinyasa Yoga	Jo	Studio 1
09:15 - 09:45	PARK Shred	Kellie	Studio 2
10:00 - 10:45	Parent and Baby Kettlebells	Donna	Studio 2
10:30 - 11:30	Pilates	Jo L	Studio 1
17:15 - 17:45	Kettlebells	Claire	Studio 2
18:00 - 19:00	Fusion Yoga	Corrine	Studio 1
18:00 - 19:00	Garage H.I.I.T	Claire	Garage
18:00 - 18:45	Spin	Hannah	Spin Studio
19:00 - 19:45	LBT	Lisa	Studio 2
19:15 - 20:00	Dance Fitness	Zoe	Studio 1

## FRIDAY

09:00 - 09:45	Spin	Funmi	Spin Studio
09:15 - 10:00	Body Conditioning	Claire	Studio 2
09:15 - 10:15	Combat	Liam	Studio 1
10:00 - 10:30	H.I.I.T	Funmi	Garage
10:15 - 11:00	Parent and Baby H.I.I.T	Claire	Studio 2
10:30 - 11:30	Pilates	Jo L	Studio 1
12:15 - 13:00	Dance Fitness	Zoe	Studio 1
17:45 - 18:15	Kettlebells	Kellie/Jo	Studio 2
18:30 - 19:00	Express Spin	Kellie/Jo	Spin Studio

## SATURDAY

08:00 - 08:30	H.I.I.T	Kellie/Claire	Garage
08:00 - 09:00	Fusion Yoga	Corinne	Studio 2
08:45 - 09:15	Express Spin	Kellie/Claire	Spin Studio
09:30 - 10:00	Kettlebells	Kellie/Claire	Studio 2
10:15 - 11:00	Spin	Jo	Spin Studio
10:15 - 11:15	Vinyasa Yoga	Sanya	Studio 2

## SUNDAY

09:00 - 09:45	Spin	Hannah/Sanam	Spin Studio
09:00 - 10:00	Vinyasa Yoga	Sanya	Studio 1
10:00 - 10:30	CORE30	Laura	Studio 2